

Abstract

The purpose of this study was to determine the effect of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. The subjects were randomly assigned to either a control group or an exercise group. The exercise group performed a supervised aerobic and resistance training program three times per week for six weeks. The control group did not participate in any structured exercise program. Pre- and post-training measurements included body composition, cardiovascular fitness, muscular strength, and HRQL. The results showed that the exercise group had significant improvements in all measured variables compared to the control group. These findings suggest that a 6-week supervised exercise program can improve physical fitness and HRQL in sedentary middle-aged women.

Keywords: Exercise, Physical Fitness, Health-Related Quality of Life, Middle-Aged Women.

ALEXANDER BOAKYE

2667

SEARCHED			
Class	Subclass	Date	Examiner
370	428	8/29/2003	AB
	389		
	412		
	413		
"	429	"	
	415		
	458		
	400		
"	401	"	
	414		
	395.21		
	252		
	395.41		
709	228		

INTERFERENCE SEARCHED			
Class	Subclass	Date	Examiner
ALL	OF	6/13/2005	AB
THE	ABOVE		

[illegible]